



The State Partnership for Nutrition, Physical Activity and Obesity Prevention

ShapingNJ Issue Brief	
Setting	Child Care
Strategy	Recommend changes in child care regulations
Policy Type and Status	Existing regulations do not include specific requirements for nutrition, physical activity, TV/screen time and breastfeeding support.
Level of Government	State
Bill # or Statute Citation	New Jersey Administrative Code 10:122
Bill Title or Description of Statute	New Jersey Manual of Requirements for Child Care Centers
Sponsors	N/A
Recommended Action Regarding the Policy	Since regulations do not come up for renewal until 2014, recommend these changes be adopted by December 2011 - independent of the full renewal process. Strengthen current regulations so that child care and after school programs follow evidence-based practices in child health, nutrition, physical activity, TV viewing and breastfeeding support.
Recommended Changes	<p>Select Child Care Workgroup recommendations include*:</p> <p>I. TV, DVD, Computer Limitations</p> <ul style="list-style-type: none"> Prohibit all TV, DVD & computer use for children under the age of two For those children in child care four or more hours per day: <ul style="list-style-type: none"> No more than 60 minutes per week & no more than 30 minutes at a time - NOT including computer use For those in child care less than four hours per day <ul style="list-style-type: none"> No more than 30 minutes per week Computer use shall be limited to no more than 15 minute increments per child except for school age children completing homework, school work or supervised enrichment activities. <p>II. Physical Activity</p> <ul style="list-style-type: none"> For those children in child care four or more hours per day: <ul style="list-style-type: none"> In all settings, children shall be provided with a minimum of 60 minutes of vigorous physical activity per day, including a combination of both teacher-led and child-directed. Children shall play outdoors daily for at least 30 minutes when weather and environmental conditions do not pose a significant health or safety risk. Children shall not be seated more than 30 minutes except when sleeping or eating.

- At least one provider shall be engaged with children during physical activity.
- Programs serving infants and toddlers shall provide daily active play, both indoors and outdoors.

III. Nutrition

- Beverages
 - Shall not serve sugar sweetened or artificially sweetened
- Water - drinking water shall be clean and sanitary and made available to all children to serve themselves throughout the day.
- Juice:
 - Shall be 100% juice, with no added sugar or artificial sweeteners
 - Shall not be given to children less than one year of age
 - Shall be limited to one time/day for older children & not exceed six oz
- Milk
 - Children under 12 months of age shall not be served cow's milk
 - Only whole pasteurized milk shall be served to children 12 - 24 months or reduced fat for those children who are at risk for hypercholesterolemia or obesity.
 - Children older than two years shall be served reduced fat or 1% milk.
- Solid Food is not offered to infants less than six months of age without written instruction by the child's health care provider.
- Foods Offered:
 - Shall provide a variety of both fruits and vegetables, serve a high proportion of whole grains, and limit use of foods that are high in solid fats, added sugar, trans fats and sodium.
 - At a minimum, shall ensure that food is in accordance with minimum Child & Adult Care Food Program (CACFP) standards.
 - Snacks - ensure that healthy foods are offered for all snacks, including for special occasions and classroom cooking activities.

IV. Breastfeeding Support

Facilities shall encourage, provide arrangements for, and support breastfeeding.

V. Policies and Procedures

Child care centers shall have written policies & procedures that address a variety of issues, including food allergies, serving food from home, feeding infants and toddlers, and food storage.

** A complete listing of recommendations can be found at www.njaccrra.org*

Talking Points

What is the impact and relevancy to obesity prevention?

- NJ has the highest reported rate of obesity in children ages 2 - 5.
- Overweight children are at increased risk for chronic diseases as compared to normal weight children.
- The child care center is a key environment for children to develop good physical activity and nutrition practices, yet, most child care settings fall short in their nutritional and physical activity offerings.
- The existing requirements for child care centers are not reflective of current *best standards* for nutrition, physical activity, TV / screen time limitations and breastfeeding support.
- Proposed regulatory changes will require all licensed early childhood programs meet the same standards related to TV / screen time, physical activity, nutrition and breastfeeding support.
- The ***ShapingNJ*** goal is to change the regulations so that all children in center-based child care are participating in practices that do not promote obesity - and in fact - help prevent obesity.

Specific partner advocacy - activities that partners could consider:

- Request all statewide early education organizations write letters on behalf of the recommendations for regulatory changes.
- Advocates can encourage the Office of Licensing (OOL) to incorporate the proposed recommendations into the New Jersey Administrative Code 10:122, Manual of Requirements for Child Care Centers.
- Advocates can also encourage other associations and organizations to send letters of support to OOL for the regulatory changes.
- Letters of support can be directed to:
Gary Sefchik, Department of Children & Families - Bureau Chief Office of Licensing, PO Box 717,
Trenton, NJ 08625-0717 (**and send email to any of the contacts below for documentation purposes**).

Contact Person if partners have an interest in some form of advocacy on this issue:

- Amanda Blagman: Advocates for Children of NJ Ablagman@acnj.org
- Beverly Lynn: New Jersey Association of Child Care Resource and Referral Agencies
blynn@programsforparetns.org
- Nancy Thomson: New Jersey Association of Child Care Resource and Referral Agencies
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